

# CHOOSE CLEAN AIR

The choices we make  
as individuals collectively  
make the biggest difference  
in our air quality.

## FACT

*Health effects of ozone and air pollution in children are striking. A study on long-term effects of air pollution in teenagers showed the average drop in lung function was 20% below expected rates—similar to the impact of growing up in a home with parents who smoke.*

Source: American Lung Association



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## Change Travel Habits to Improve Air Quality

### Drive Less

Use mass transit—call 1-888-RIDE-UTA (7433-822)  
Rideshare, vanpool or carpool  
Walk or bike  
Telework or compress workweeks  
Use alternate transportation especially on  
“red” and “yellow” air quality days  
Take the school bus to school

### Drive Smarter

Arrange errands into one trip  
Maintain vehicles  
Avoid peak drive times  
Drive the speed limit

### Be Idle Free

Only warm up your engine for 30 seconds before driving  
Turn vehicles off while waiting

*If Wasatch Front drivers parked their vehicles for one day per week, emissions would decrease by 6,500 tons each year.*

Source: DAQ Mobile Source

FACT

## Why Improve Air Quality

### Health

Increase overall personal health  
Decrease respiratory and heart disease issues

### Environment

Reduce air pollution  
Safeguard blue skies  
Protect wildlife and plant life

### Quality of Life

Keep Utah an ideal place to live

### Cost Savings

Cut individual, car-related and medical costs  
Reduce health care system costs

## We're All in it Together

Whether you are a business owner, religious organization, community group, family or individual, we each need to do our part to improve air quality. Led by Gov. Huntsman, Mayor Becker and Mayor Corroon, 20 private, public and non-profit organizations have partnered to create this message.

For More Information Visit  
[www.CleanAir.Utah.gov](http://www.CleanAir.Utah.gov)  
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